

# WEEK ONE

WEEK COMMENCING: 03/11, 24/11, 15/12, 05/01, 16/02, 09/03

	MAIN MEAL	VEGGIE MEAL	DESSERTS
<b>MONDAY</b>	<b>Chicken Tikka Masala</b> with Wholegrain Rice, Garlic & Coriander Naan & Broccoli	<b>Spinach &amp; Chickpea Dhal</b> with Wholegrain Rice, Garlic & Coriander Naan & Broccoli	<b>Lemon White Chocolate Shortbread</b>
<b>TUESDAY</b>	<b>Baked Mac &amp; Cheese Bolognese</b> with Sweetcorn	<b>Winter Vegetable &amp; Sausage Traybake</b> with Peas	<b>Carrot Cake Traybake</b>
<b>WEDNESDAY</b>	<b>Lemon &amp; Thyme Roast Chicken</b> with Glazed Carrots & Roasties	<b>Cheese &amp; Caramelised Onion Tart</b> with Glazed Carrots & Roasties	<b>Chocolate Concrete</b>
<b>THURSDAY</b>	<b>Crispy Chicken Katsu Burger</b> with Wedges & Raw Slaw	<b>Cheesy Bean Burger</b> with Wedges & Raw Slaw	<b>Orange Marmalade Drizzle Sponge</b>
<b>FRIDAY</b>	<b>Chip Shop Grab &amp; Go</b> Fish, Chicken Nuggets, Chips, Gravy, Mushy Peas & Curry Sauce	Veggie Burger, Veggie Fingers, Chips, Curry Sauce, Mushy Peas & Baked Beans	<b>Cherry Cookie</b>

**CHILL DECK**  
Choice of freshly made sandwiches, salads and desserts

**HOT SPOT**  
Fresh hot snacks every day

**PIZZA PASTA PLACE**  
FRESH OPTIONS DAILY

WATCH OUT FOR OUR  
**SPECIAL POP UPS!**

**COMFORT ZONE**  
WHOLESMORE & HEARTY

**CURRY HOUSE**  
NICE & SPICY!

LOOK OUT FOR OUR FABULOUS MEAL DEALS

MIQUILL

ALL SERVED WITH SEASONAL VEGETABLES OR SALAD

# WEEK TWO

WEEK COMMENCING: 10/11, 01/12, 22/12, 12/01, 02/02, 23/02, 16/03

	MAIN MEAL	VEGGIE MEAL	DESSERTS
<b>MONDAY</b>	<b>Smashed Cheeseburger</b> with Wedges & Dirty Jerk Slaw	<b>Firecracker 5 Bean Chilli</b> with Spiced Savoury Rice, Nachos & Salsa	<b>Chocolate Rice Krispie Cake Bar</b>
<b>TUESDAY</b>	<b>Sweet &amp; Sour Meatballs</b> with Rice	<b>Sweet Chilli Vegetable Noodles</b>	<b>Brownie</b>
<b>WEDNESDAY</b>	<b>Roast Gammon</b> with Roast Potatoes Savoy Cabbage & Gravy	<b>Cauliflower Cheese</b> with all the trimmings	<b>Chocolate &amp; Pear Sponge &amp; Custard</b>
<b>THURSDAY</b>	<b>Chicken Pasta Bake</b> with Garlic Bread	<b>Root Vegetable Lasagne</b> with Garlic Bread	<b>Banana Flapjack</b>
<b>FRIDAY</b>	<b>Chip Shop Grab &amp; Go</b> Fish, Chicken Nuggets, Chips, Gravy, Mushy Peas & Curry Sauce	Veggie Burger, Veggie Fingers, Chips, Curry Sauce, Mushy Peas & Baked Beans	<b>Maryland Cookie</b>



LOOK OUT FOR OUR FABULOUS MEAL DEALS

MIQUILL

ALL SERVED WITH SEASONAL VEGETABLES OR SALAD

# WEEK

WEEK COMMENCING: 17/11, 08/12, 29/12, 19/01, 09/02, 02/03, 23/03

	MAIN MEAL	VEGGIE MEAL	DESSERTS
<b>MONDAY</b>	<b>Chicken Fajita Wrap</b> with Onions and Peppers & Tex Mex Wedges	<b>Sizzling Fajita Vegetable Wrap</b> with Tex Mex Wedges	<b>Apple Crumble &amp; Custard</b>
<b>TUESDAY</b>	<b>Beef Lasagne</b> with Mixed Salad & Garlic Bread	<b>Vegetable Lasagne</b> with Mixed Salad & Garlic Bread	<b>Bakewell Slice</b>
<b>WEDNESDAY</b>	<b>Bangers &amp; Mash</b> with Onion Gravy & Savoy Cabbage	<b>Quorn Sausage Toad in the Hole</b> with Mash, Onion Gravy & Savoy Cabbage	<b>Double Chocolate Cookie</b>
<b>THURSDAY</b>	<b>Char-Siu Chicken Fried Rice</b>	<b>Vegetable &amp; Mushroom Chow Mein</b>	<b>Ginger &amp; Treacle Spiced Traybake</b>
<b>FRIDAY</b>	<b>Chip Shop Grab &amp; Go</b> Fish, Chicken Nuggets, Chips, Gravy, Mushy Peas & Curry Sauce	Veggie Burger, Veggie Fingers, Chips, Curry Sauce, Mushy Peas & Baked Beans	<b>Vanilla Sprinkle Sponge</b>

ALL SERVED WITH SEASONAL VEGETABLES OR SALAD



LOOK OUT FOR OUR FABULOUS MEAL DEALS

MIQUILL